

Wellbeing Planner 2019 – At a glance guide (A3)

Month	Jan 2019	Feb 2019	Mar 2019	April 2019	May 2019	June 2019	July 2019	Aug 2019	Sept 2019	Oct 2019	Nov 2019	Dec 2019
Six Ways	Take Notice	Take Notice	Be Active	Be Active	Be Healthy	Be Healthy	Learn & Discover	Learn & Discover	Connect	Connect	Give	Give
Key dates	Dry January #Veganuary Love your Liver Month 9 th – Monthly Cycle breakfast 10 th – Wellbeing Walk with MCR Strollers 14 th – Thrive wellbeing course 14 th - 25 th Sporticipate De-stress activities 21 st – Help your team to Thrive for line managers (<i>Wellbeing Lecture Series</i>) 26-28 th - Big Garden Birdwatch 24 th – UMRUN 30 th – Financial Wellbeing for all staff	LGBT History Month National Heart Month 4 th - World Cancer Day 4 th – Supporting Cancer (Line Mgrs only) 6 th – Rainbow Ride (Monthly Cycle breakfast - MFT) 7 th – Time To Talk 13 th - LGBT History Talk 15 th – Get Great Sleep (<i>Wellbeing Lecture Series</i>) 17 th Random Acts of Kindness Day 20 th Well-being for Line Managers 22 nd – Rainbow Ramble with MCR Strollers 28 th - UMRUN	7th - Monthly Cycle Breakfast (RNCM) 7 th – World Book Day 8 th - International Women’s Day (events on campus) 12 th – Managing Flexible Working (For Line Mgrs) 13 th - World No Smoking Day 15 th – World Sleep Day 20 th - International Day of Happiness 20 th – How to be Happy (<i>Wellbeing Lecture Series</i>) 28 th – UMRUN	Stress Awareness Month 3 rd – Monthly Cycle Breakfast (MSP) 5 th - Walk to Work Day 7 th – World Health Day 11 th – National Pet Day 22 nd -28 th Allergy Awareness Week 22 nd - Earth Day 25 th –UMRUN	National Walking Month Action on Stroke Month 1 st – Oxford Rd Corridor Active Travel Event (UoM) 2 nd – Make a Difference & Volunteer of the Year Awards 7 th – World Asthma Day 8 th – Staff Networks Groups Day 8 th – 14 th Arthritis Care Awareness Week 13 th -19 th Mental Health Awareness Week 17 th – International Day Against Homophobia and Transphobia (IDAHOBIT) 19 th – Manchester 10k incl UoM Purple Wave 21 st -27 th - Dementia Action Week 30 th – UMRUN	5 th – Monthly Cycle Breakfast (MMU) 10 th -16 th Carers Week 10 th - 16 th - Men’s Health Week 11 th -15 th Healthy Eating Week 14 th – World Blood Donor Day 21 st Go Home on Time Day 27 th – UMRUN	2 nd -8 th Health Information Week 3 rd - Monthly Cycle Breakfast (MFT) 25 th – UMRUN 28 th - World Hepatitis Day 11 th -15 th Healthy Eating Week 14 th – World Blood Donor Day 21 st Go Home on Time Day 27 th – UMRUN	1 st -7 th - World Breastfeeding Week 8 th - Monthly Cycle Breakfast (RNCM) 15 th – National Cycle to Work Day 29 th – UMRUN	1 st - 7 th Migraine Awareness Week 3 rd -9 th Organ Donation Week 4 th - Monthly Cycle Breakfast (UoM) 10 th – World Suicide Prevention Week 23 rd – BiVisibility Day 26 th – UMRUN 27 th – World’s Biggest Coffee Morning	UoM’s Women’s Health Month (<i>events to be announced</i>) Breast cancer awareness month Stoptober 2 nd - Monthly Cycle Breakfast (MMU) 8 th – 12 th Back Care Awareness Week 10 th – World Mental Health Day 12 th World Arthritis day 18 th - World Menopause Day (<i>events to be announced</i>) 31st - UMRUN	UoM’s Men’s health month (<i>events to be announced</i>) Movember 6 th - Monthly Cycle Breakfast (MFT) 11 th – 15 th Anti-Bullying Week 15 th - Children in Need Day 20 th - TDOR (Trans Day of Remembrance) 28 th – UMRUN 28 th - Love Giving Wellbeing Fair	1 st World Aids Day 3 rd - Giving Tuesday 3 rd – International Day of Persons with Disabilities 5 th - Monthly Cycle Breakfast (RNCM) 13 th – Christmas Jumper Day for Save the Children TBC – UoM Annual Carol Service

Key: *same date every year

To print to A4 - in settings click on scale to paper size and select A4.

Detailed wellbeing calendar available here: <http://documents.manchester.ac.uk/admin/EditDoc1.aspx?DocID=41489>